



# LightWorks *Frequently Asked Questions*

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## 1. What tips will help me get the most benefit from my LightWorks?

### **Create a Routine**

Unlike other SOTA units where daily use is necessary to maximize benefits, the LightWorks can be used every other day or possibly only two to four days each week as LED light triggers ongoing effects. This can make it more challenging to integrate into your routines. Developing a system to remind you when to use your LightWorks will keep you on track to reap the benefits—set dates on your cell phone, email calendar, or on a printed calendar.

Choose a time and place to use your LightWorks that is easiest to fit in with your lifestyle and daily routines. Options for regular use may be: immediately upon arriving home after work, while watching TV in the evening, or as soon as you come in after a daily walk.

Even when your routine is interrupted by travel or something unexpected, doing what you can to continue using your LightWorks will help to ensure you continue to get the most benefit from applying LED light.

Here's how one person maintains consistent use: "I use it while playing with my dog—I get a LightWorks session and she gets to chase after her ball."

### **Keep it Handy**

Once you decide how best to fit the LightWorks into your lifestyle and routines, placing the unit in a convenient location will be a reminder to use it. If using it while watching TV, keep the LightWorks next to your favorite chair. If using it in bed works best for you, keep it on your bedside table.

Here's what helps one person: "At home, I have two wall adaptors plugged in at spots where I will be seated for a long time; a wall adaptor is kept by the couch and another by my bed. I often do a session with a Magnetic Pulser, followed by the LightWorks or vice versa."

### **Be Prepared**

You are more likely to use the unit if it is readily available, than if you have to set it up each time you want to use it. Being prepared with both a wall adaptor and the LightWorks and Hand Paddles ready to use makes it easier to stay with a routine.

### **Self-Care**

During the early days of use, if you feel you've "overdone" it, simply reduce the amount of time you apply the LED lights each day. When ready, once again start slowly, gradually building up the time that you use the LightWorks. And drink plenty of water—especially both before and after each session. Drinking freshly ozonated water gives added benefit.

A helpful part of the process of a wellness journey is acknowledging the triumphs as well as the bumps in the road. Keeping a journal of your experiences is a great way to track the overall benefits on your wellness journey. Looking back can be a great motivator when you see the changes that have come over time.

For additional tips, see the SOTA Products User Guide.

*The SOTA Products User Guide*

## **2. What is Infrared light?**

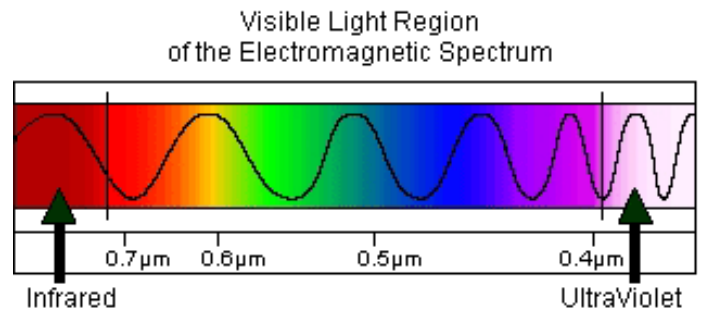
We tend to think of light in terms of what we see. Some light frequencies however, are beyond the range of visible light so we do not see them with the naked eye. Light is created by electromagnetic frequencies. We see visible light as colors that range from Blue to Green, Yellow, Orange and Red. Different colors are created by the different frequencies of light. The frequency of light is so rapid or high, that light is expressed by wavelengths measured in nanometers (nm) rather than the frequency in cycles per second or Hertz.

Violet is at one end of the spectrum with a higher frequency or more rapid vibration and Red is at the other end with a lower frequency or slower vibration. Light beyond the visible Violet range is called Ultraviolet light, while light beyond the visible Red end of the light spectrum

is called Infrared light. Far Infrared (FIR) light generates heat and is used in saunas. Near Infrared (NIR) light, as used in the LightWorks, is naturally emitted by body cells.

### 3. Is this the same as Ultraviolet light?

No. Ultraviolet light is beyond the Blue end of the light spectrum—shorter wavelengths and higher frequencies. Red and Near Infrared (NIR) light are at the other end of the light spectrum—longer wavelengths and lower frequencies. We do not see Ultraviolet light as it is beyond the visible range of light. We are advised to be careful about the amount of Ultraviolet light to which we are exposed, as this light is responsible for sunburns and aging of the skin. There are no such cautions with the Red and NIR light or other colors in the visible spectrum.



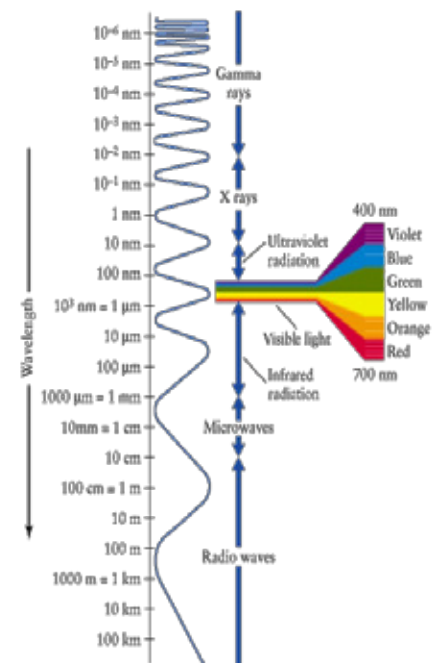
### 4. How deep does the LED light penetrate?

The degree of penetration varies depending on the color of the light. The fact that light stimulates reactions in the body is more important than how deeply a color penetrates. Light of any color is effective as the light creates reactions in the body similar to photosynthesis in plants. The light stimulates reactions that continue after the session with the light has ended.

With regards to penetration depth, although Near Infrared (NIR) cannot be seen, it penetrates the deepest. Light penetration decreases moving from Infrared to Red to Orange to Yellow to Green to Blue. Blue has the lowest light penetration.

Other factors that determine how deeply light penetrates are:

- A greater intensity of light increases the penetration compared to a lower intensity of the same color. Intensity is measured by Joules per  $\text{cm}^2$  or milliwatts per  $\text{cm}^2$ .
- The skin can determine the depth of penetration. The skin is able to absorb light more deeply in certain areas of the body.
- Most importantly, light can penetrate more deeply into the body if it travels along a meridian—one of the invisible light transmission paths originally discovered by the Ancient Chinese as part of the acupuncture system.





**5. Will LED light damage my skin?**

No. LED light as well as the frequencies of the LightWorks are considered beneficial to skin tissue.

**6. Does wearing lotion keep the light from penetrating my skin?**

A natural cream or lotion that is absorbed by the skin should not block the LED light. For maximum effectiveness though, avoid applying heavy creams or lotions before using the LightWorks.

**7. Is it okay to use the LightWorks on animals?**

Yes. The LightWorks is a popular unit for use on pets because its easy-to-use Hand Paddle makes it simple to apply to any area. Light triggers ongoing benefits so even brief periods of exposure can be useful. Remember to avoid aiming the light directly into the eyes of an animal.

**8. Where is the LightWorks manufactured?**

The manufacturing of the SOTA Products is a global collaboration. The following countries participate in the making of the LightWorks (listed in alphabetical order): **Canada, China, Hong Kong, Malaysia, South Korea and Taiwan**. Our units say *Made in China* because China is the last step in the assembly of the units.

We are grateful that the people in all of these countries help us to produce quality products at reasonable prices for our customers.

• The SOTA units are consumer products designed to be used as part of a Wellness Lifestyle • The SOTA units are not medical devices nor are they intended to diagnose, treat or cure any medical or health condition • The use, safety or effectiveness of the SOTA units has not been approved by any government agency • Please consult a health practitioner for any medical or health condition • Results using the SOTA Products will vary for each person • Please note that all purchases of SOTA Products are deemed to be made in Penticton, BC, Canada •